

## ABSTRACT OF THE DISCLOSURE

It is disclosed here that insulin sensitivity in a human or non-human animal can be increased by reducing stearyl-CoA desaturase-1 (SCD1) activity in the animal. This provides a new tool for treating and preventing type 2 diabetes. Also disclosed are methods for identifying agents that can increase insulin sensitivity in a human or non-human animal through determining the agents' effects on SCD1 activity.

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